Emotion Thermometers

Writing and drawing project to help children to increase awareness of rising emotions and intervene effectively

By Joel Shaul, LCSW
Contents:

Emotion thermometer, text version. A child with adult assistance, assesses their rising levels of emotional arousal in brain and body, and determines self-help at each level. (pages 5-8)

Emotion thermometer, text / draw-picture version. Choose one or the other. (pages 9-12)

Sheets to guide identification of upsetting thoughts and bodily manifestations of stress. (pages 12-14)
Suggested language for introducing and explaining this project:

Old-fashioned thermometers looked like this. As the temperature gets warmer, the colored liquid in the glass tube goes higher and higher.

Our upsetting emotions are something like this. Our feelings can get more and more upset – worried, angry, sad – just like a thermometer gets hotter and hotter.

Here is a project called The Emotion Thermometer. It is to help you learn more about the way your brain and body get upset. The most important part of this project is to learn more about the early stages of getting upset, so you can calm yourself back down – before you get to the "meltdown" level.

You use these three sheets to help focus on the thoughts and feelings that affect you the most.
Other suggestions for using this resource

1. Do the writing on the sheets jointly, adult and child. Or, consider having the adult do the writing while the child dictates. This helps move the work along.

2. Consider using this free resource in combination with other free resources on this website.

**RESOURCE**  
Remote Problem Fixer  
CBT Worksheets  
CBT YouTube Videos for Kids  
CBT Thought Bubbles  
Anime Emotion Coloring Worksheets  

**CLICK ON LINK**  
https://bit.ly/2qRwZxS  
https://bit.ly/34zy5NG  
https://bit.ly/2QZvBE0  
https://bit.ly/33s7MHB
I FEEL THIS WAY WHEN:

________________________________________________________________________
________________________________________________________________________
MY BRAIN THINKS:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
MY BODY FEELS:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

TO KEEP CALMTHOUGHTS:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

TO KEEP BODY AND BREATHING CALM:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My Name: __________________________
I FEEL THIS WAY WHEN:

MY BRAIN THINKS:

MY BODY FEELS:

HOW TO MAKE IT BETTER:
THINK:

DO:

TO CALM DOWN BODY AND BREATHING:
I FEEL THIS WAY WHEN:

MY BRAIN THINKS:

MY BODY FEELS:

HOW TO MAKE IT BETTER:

THINK:

DO:

TO CALM DOWN BODY AND BREATHING:
I FEEL THIS WAY WHEN:

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MY BRAIN THINKS:

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MY BODY FEELS:

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HOW TO MAKE IT BETTER:

People who are this upset need someone’s help to calm down.

WAYS TO GET HELP:

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CALM

I FEEL THIS WAY WHEN:

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MY BRAIN THINKS:

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MY BODY FEELS:

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A PICTURE OF ME FEELING CALM:


ANOTHER PICTURE OF ME FEELING CALM:


My Name: ________________________
I FEEL THIS WAY WHEN:

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MY BRAIN THINKS:

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MY BODY FEEL S:

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I FEEL THIS WAY WHEN:

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MY BRAIN THINKS:

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MY BODY FEELS:

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A PICTURE OF ME GETTING EVEN MORE UPSET:

ME WORKING TO CALM DOWN AND FIX MY PROBLEM:
People who are this upset need someone’s help to calm down.

**GETTING HELP AT SCHOOL:**

**GETTING HELP AT HOME:**

**BIG, AWFUL FEELING**

I FEEL THIS WAY WHEN:

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MY BRAIN THINKS:

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MY BODY FEELS:

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Ways an upset body can feel:

- Chest feels tight
- Face feels hot
- Throat feels tight
- Breathing fast
- Fists clenched
- Teeth clenched
- Stomach hurts
- Voice loud
- Voice whiny
- Pressure in head
- Body restless
- Tense
- Wanting to cry
Put an X on the parts of your body that feel different or bad when you are getting upset.
Upsetting thoughts in the brain

“I DON’T WANT TO!”

“I LOST!”

“I CAN’T DO IT!”

“I WILL FAIL!”

“I AM IN DANGER!”

“It DOESN’T WORK!”

“No FAIR!”

“They HATE ME!”

“I’M AFRAID!”

“No! DO IT MY WAY!”

“I NEED TO GET BACK AT THEM!”

“I HATE THAT CHANGE!”

“No! ME FIRST!”

“They ARE BREAKING RULES!”

“No! YOU!”

“They WON’T LISTEN!”

“I GOTTA GET OUT OF HERE!”

“There’s NO HELP FOR ME!”

“I MISS MY PARENTS!”

“Too LOUD!”

“Too CROWDED!”